

ALOHA PUMEHANA

March 2002 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication
Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

Dear Readers,

With the Proclamation in this issue, Honolulu Mayor Jeremy Harris has declared 2002 as the **Year of the Family Caregiver**. The year is dedicated to all caregivers who devote time, energy and financial resources to elderly family members and friends, allowing them to live dignified lives in the comfort of their homes.

During 2002, the Aloha Pumehana newsletter will feature articles, such as the Parish Nurse Program found in this issue, to help those who are frail and dependent. Anticipate receiving our newsletter to read about helpful resources and caregiving tips. Save these articles for friends or encourage them to call us for their own copies. There are other resources at the Elderly Affairs Division that can be borrowed or picked up at 715 S. King Street, Room 205, 7:45 a.m. - 4:30 p.m., or by calling the Senior Hotline at 523-4545.

The Editor

THE PARISH NURSE PROGRAM

By Ruth Stepulis, Parish Nurse

The Parish Nurse program in churches has worked to assist in improving the mind, body and spirit of church members, their families and friends, and the community. Parish nurses have undertaken many roles and can help with a variety of concerns.

Parish nurses visit members at home, care homes, long-term care facilities, and hospitals to pray with them, give words of encouragement, and teach them to cope with health concerns. The visits provide an opportunity to make visual assessments. Often it is discovered that medications are not taken properly. Many do not know what medications are for and take only what they feel they need. This is a cause for medical problems. Only when medications are under control can a person feel



better and function at a higher level.

During visits,

Parish Nurses have the opportunity to resolve problems by referring people to helping agencies. They may find caregivers for a family member or a place in a long-term care facility. Parish Nurses also make visits to ask about advanced directives, powers of attorney or wills and recommend that these documents be done.

These are some of the roles Parish Nurses fulfill for their congregation:

Linkage: Parish Nurses can become a direct link between a caregiver on the mainland and a family member living in Hawaii. Relaying information between parties can alleviate the frustrations of long distance caregiving especially when Mother says she is doing fine although there are a multitude of problems.

Check Vitals: Once a month on a Sunday morning, blood pressures are taken. If any pressures are elevated, the Parish Nurse does a phone follow-up to ensure that the

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person is under professional care. Parish Nurses discuss the effects hypertension, diet, medications and stress have on health. They can encourage a visit to their doctor or healthcare treatment facility.



Funeral Coordinator: The family of a dying member will call to ask about making final arrangements. A parish nurse will try to simplify the details and ensure that arrangements get done as easily as possible to avoid costly or stressful situations.

Socializer: Group interaction is encouraged. Line dancing classes, low impact aerobics, support group meetings on Grief and Caregiving and other educational programs on health and safety issues are addressed in formal classes. The classes are usually open to the community as well as church members.

The parish nurse program is meant to improve the health of church members, their families and friends as well as the community. It is focused on making the mind, body and spirit healthier for all people. For more information about a Parish Nurse Program, please call **941-0957**. 

WANNA LIVE LONGER? GET REALLY INVOLVED

By Jim Morelli, RPH WebMD Medical News

Older people live longer if they have found a valued role in life over which they can exert control,

concludes a national survey of retired Americans aged 65 and older. The research was conducted by scientists at the University of Michigan.

"I think what's important here is that it is one more paper...that shows in a scientific fashion what we've been observing...for years," says Martin J. Gorbien, MD, director of the section on geriatric medicine at Rush Medical College and an associate professor of internal medicine. "That is, when people have a sense of purpose, people have control over their destinies, they are certainly going to have a perceived improvement in quality of life. [Why] people actually live longer if they have a sense of purpose or control is a little more vexing to understand."

Psychologist and study co-author Neal Krause, PhD, says the idea for the study came about after researchers considered two concepts: the fact that as people age, younger people tend to take control over their lives – or at least try to – and second, the idea that taking on a role and effecting change can create a new reality and give meaning. "We decided to see if they had an impact on health outcomes," Krause says.

Initially, the survey went out to more than 800 older Americans, who were asked questions about their health status and personal habits, including whether they smoked or drank alcohol. Next, they were asked to select their top three valued roles from a predetermined list of eight. These included being a parent, grandparent, friend and homemaker and such roles as a volunteer, provider, or a church or club member. The participants

then ranked these in order of importance and answered questions that gave the researchers an idea as to how much "control" they exerted within each role.

Those in the group who were still alive were contacted again six and seven years later. Based on the follow-up contact, the researchers concluded that those people who took control of a role important to them lived significantly longer than those who did not. One possible explanation is that these people were less likely to smoke, drink, or eat too much. But there may be something else at work, too.

"People who believe they can change and exercise control are able to find meaning, because they can make things happen," says Krause.

"I think younger and older people need to be aware that it is indeed entirely possible to retain one's capabilities fairly late in life," Krause says. "The challenge to aging is to figure out what those capabilities are and the extent to which they can be utilized." He acknowledges, of course, that capabilities will differ—depending, for example, on health status.

"One of the bad things is, as people get older, younger people attempt to pre-empt control that is legitimately theirs. [They say things like,] 'No, Mother, that pink sweater isn't good for you' [and make] decisions on eating, decisions where to live. It happens all the time," says Irene Hulicka, PhD, a psychologist in private practice in Buffalo, N.Y., and a researcher in the area of personal control and choice in the elderly. Thus, she

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says, it chips away at the potential for the older person to assume a vital role.

Hulicka and former colleagues at SUNY Buffalo found the reduction in choice (i.e. control) less dramatic for people in their 60's and 70's but really hitting hard in those who were in their 80s. One reason for that might be worsening health. Hulicka says that is a key factor in the loss of choice. But even disabled people, she says, can exert control over their lives. Those with arthritis might not be able to take a walk, for example, but they can listen to the music they want to, eat the food they prefer, and decide whether or not company should come over.

"Choice makes us feel powerful," says Gorbien. "When we have limited choices, that has a price tag.

Hulicka advises younger family members to maximize choices for older people and to maximize a sense of self-worth and dignity. "Now, sometimes the only realistic thing to do is give up one's house," she says. "But the older person should be involved in the choice."

"Many family members and those concerned with older people have a difficult role," Gorbien tells WebMD. "You're always trying to balance safety and autonomy. Driving is one example. We all recognize how isolating it can be [to lose driving privileges], but we're also concerned about the person's safety behind the wheel...and the potential harm that can come [to others]." ❏

ASSISTIVE TECHNOLOGY FOR PEOPLE WITH PARKINSON'S DISEASE

By Roger Ramos, Marketing Director Assistive Technology Resource Centers of Hawaii

"I don't know what to do," said Frank, who has Parkinson's Disease. "So many things that I used to do without even thinking are difficult now and take longer—I just can't manage them anymore, and I don't want to ask my wife to do these things for me."

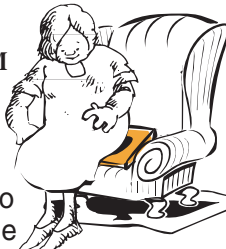
"The hardest things for me," replied Anna, another member for the Parkinson's support group, "were getting up from a chair or out of bed. It takes me so long to eat that my food would get cold before I finish. I bought some helpful tools that now make doing these activities easier. Now I don't have to rely so much on others for help." Here are some suggestions that can make life easier for Frank, Anna, and others with Parkinson's Disease.

DRESSING

- For safety against tripping while walking, use elastic shoelaces. They stay in place permanently and shoes can be slipped on and off without untying them.
- Velcro fasteners instead of buttons and zippers. Clothing made with extra-wide sleeve openings help those who have trouble slipping their hands through the sleeves.
- Long-handled shoehorns and sock pullers help people with poor balance to dress without bending over.

GETTING UP FROM CHAIRS & BEDS

- A seat lift cushion uses a pneumatic lifter to gently raise the individual up and off the seat. The user simply leans forward slightly to trigger the mechanism. There are adjustable settings to accommodate persons of different weights.



- To move from a lying to a sitting position in bed, a ladder pull up has rungs spaced for easy hand/arm placement and webbing to fit around the bed frame.
- A push-up frame has handles for a seated person to grip for safe rising or lowering to a seated position. The bedrail assist can rotate 360 degrees and locks securely in four positions to assist getting in and out of bed and positioning while in bed.

EATING

- Difficulty in holding and manipulating utensils, or chewing and swallowing food can make eating a slow process. To keep food from getting cold, use an electric food warmer. These can be found in kitchen specialty stores and some department stores. The bottom compartment in a keep-a-temp dish and bowl can be filled with water and heated in microwave or chilled in a freezer to keep food at the perfect serving temperature.
- Eating utensils with built-up handles may be easier to hold. Some feature adjustable swivel mechanisms to help keep them level when wrist or finger motion is limited.
- To prevent spilling liquids, try a mug with two handles and a spouted lid. A plate with a built-up lip may prevent food from sliding off the plate, or a clip-on food guard may be attached to an ordinary plate.

For more information call Assistive Technology Resource Centers of Hawaii at **532-7110**. Neighbor islands call toll free at **1-800-645-3007**. Visit the website at **www.atrc.org**. ❏

CHANGES TO DISABLED PERSON PARKING PERMIT IN EFFECT

*Submitted by the Disability
and Communication Access
Board (DCAB)*



On January 1, 2002, the counties began issuing placards with a new design for those eligible to park in stalls reserved for persons with disabilities. The new placard has month and year decals to indicate the expiration date instead of the former punch-out method. Placards with the punch-out date may continue to be used up to the expiration date.

To obtain the new placard, an application form must be submitted along with a physician's re-certification of disability. The re-certification is required, even if the disability is life-long. Although it may seem burdensome, it is critical for the integrity of the program. The initial application must be done in person (unless there is a doctor's exemption). Renewals may be done by mail.

A fee may be charged to replace a lost placard, a stolen placard (unless a police report is filed), or mutilated placard (unless it is returned). A physician's re-certification is not required for a replacement placard.

A minimum fine of \$250 is imposed on violators who park without a placard in a space reserved for persons with disabilities, using another

person's placard, or failing or refusing to present the identification card issued with the permit to any law enforcement officer. In addition, physicians who fraudulently certify that a person meets the eligibility criteria to obtain a parking permit can be charged

with a petty misdemeanor. For more information regarding the parking program, including the administrative rules, please log on to [website www.hawaii.gov/health/dcab/](http://www.hawaii.gov/health/dcab/) or call the DCAB office at **(808) 586-8121**. ☒

HAVEN FOR SENIORS

By Drusilla Tanaka, Program Director

The Lanakila Multi-Purpose Senior Center is a haven for senior citizens 60 years and older residing between Ward Avenue and Fort Shafter. Hours of operation are each weekday 7:30 a.m. to 3 p.m. and on two Saturdays a month from 8:30 a.m. to 11:30 a.m. There are more than 40 different activities scheduled during the week, including exercise classes, club meetings, mah jong, craft or music classes, dancing, and adult education classes. Monthly excursions, cultural and recreational activities, and educational sessions with guest speakers to keep members updated on services and benefits are also offered. Lunch through the Lanakila Meals on Wheels program is available. For membership requirements and information, please call **847-1322**. The Lanakila Multi-Purpose Se-

nior Center is a program of Catholic Charities Elderly Services, an affiliate agency of Catholic Charities of Honolulu. Funding is provided through the State of Hawaii, City and County Elderly Affairs Division, and private sources of Catholic Charities. ☒

LEAVING HOME

From www.FamilyCareAmerica.com

As America's population continues to age, more and more families are confronted with the problem of elderly relatives who are no longer able to live safely at home. But helping a loved one reach the decision to move can be difficult. After all, giving up a home generally means the loss of personal freedom and independence. For this reason, many people facing this stage of life experience strong negative reactions, including:

- Anger
- Confusion
- Depression
- Disorientation
- Grief
- Idealization of the lost environment
- Illness

Regardless of the emotions attached to the move, it's important to remember that your relative's health and

well-being are the most important factors. In addition, there are several other things to remember during the transition:



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**OFFICE OF THE MAYOR
CITY AND COUNTY OF HONOLULU PROCLAMATION**

WHEREAS, there are an estimated 150,910 persons 60 years and older living on Oahu who most likely need assistance with living; and

WHEREAS, many of these senior citizens are frail and impaired in their abilities to perform activities of daily living without assistance, and require the help of caregivers; and

WHEREAS, caregivers are often unpaid family, friends and neighbors who provide personal assistance, do housekeeping, transport elders to appointments, or help in other ways, and must often juggle the demands of their own children and other family members; and

WHEREAS, their efforts greatly reduce demands on federal, state and county resources already strained by existing client needs; and

WHEREAS, the National Family Caregiver Support Program appropriated funds to inform caregivers about services, assist caregivers in gaining access to services, provide counseling, support groups and training to caregivers, relieve caregivers from their roles and pay for supplemental services that help caregivers make their family members more comfortable; and

WHEREAS, during Year 2002, many community groups will focus their training, information and supportive services to meet the needs of family caregivers;

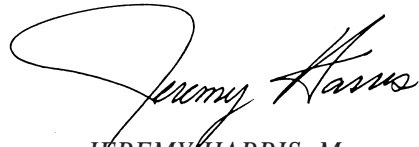
NOW THEREFORE, I, JEREMY HARRIS, Mayor of the City and County of Honolulu, do hereby proclaim the Year 2002 as

THE YEAR OF THE FAMILY CAREGIVER

In the City and County of Honolulu, and extend special recognition to the many compassionate family members, friends and neighbors who assist our elderly citizens in leading dignified and meaningful lives.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City and County of Honolulu to be affixed.

Done this 14th day of December 2001 in Honolulu, Hawaii.



JEREMY HARRIS, Mayor
City and County of Honolulu

The Hawaii Family Caregivers Coalition

By Gwen Ouye, Caregiver Resources Coordinator

After the Administration on Aging of the U.S. Department of Health and Human Services established the National Family Caregiver Support Program, the State of Hawaii's Executive Office on Aging's Caregivers Resource Initiative Project (CRI) was created to develop support systems, services, and products for family (informal and unpaid) caregivers statewide. The CRI project will support and enhance family caregiver efforts at the local level by partnering and collaborating with various stakeholders to develop a statewide network of family caregiver resources and support. A major component of this project is to develop a statewide coalition. There are several reasons to develop the coalition. One is to pro-

vide information to family caregivers. A second is to provide a coordinated means for a large group of family caregivers to comment on information and respond to national and state legislation on family caregiving issues.

Family caregiving situations are diverse and complex, depending upon the relationships, cultural factors, type of illness, and the stage of caregiving. Given the complexity of family caregiving issues, the coalition would also serve as a vital resource for researchers. Occasionally, coalition members may be asked to participate in focus groups, surveys, and questionnaires to help researchers gather information and statistics on specific caregiving problems and issues in Hawaii. The participation of a coali-

tion member in the completion of any questionnaires, surveys, etc. is voluntary. Coalition members will also receive free newsletters on family caregiving issues. We anticipate the first newsletter to be mailed in the spring of 2002.

If you are or were a caregiver of a senior (60 years & older) family member, friend, or neighbor, or if you are at least 60 years old and caring for another dependent person, please join the Hawaii Family Caregivers Coalition. The enrollment form is below. **Please complete it and mail it to the Executive Office on Aging at 250 S. Hotel St., Suite 406, Honolulu, HI 96813, or fax it to (808) 586-0185. For questions about the coalition or survey, please call 586-0100.**

- We will not share any coalition member's personal information with other organizations.

Hawaii Family Caregivers Coalition Membership Sign-Up

Caregiver's Name: _____ Phone No. _____

Mailing Address: _____

E-Mail Address: _____ Age: _____ Gender: _____

What is/was your relationship to Care Receiver (e.g. spouse, son, niece, etc.): _____

How long have you been the caregiver? _____ Are you the only caregiver? _____

How often (approximate hours per week or month) do you provide care? _____



By Tony Baccay

Nakamura Receives Award

Mrs. Rose Nakamura, Administrator, Project DANA, was the recipient of the Aloha United Way's 2001 Alexis de Tocqueville Society of Honolulu Award. She was honored during the annual recognition dinner at the Ihilani Resort Hotel where she received a crystal replica of the national award. The award was established in 1996 to recognize community volunteerism in the areas of health, youth, elderly, and human services.

Project DANA Nationally Recognized

Another national award was bestowed upon **Project DANA** as one of 13 community-based organizations from the U.S. and Canada recognized to receive the 2001 SHARE Award from GlaxoSmithKline and the University of Pennsylvania Institute on Aging for bettering the health of seniors of diverse cultural, racial, and ethnic backgrounds. Project DANA will receive a one-year \$50,000 SHARE Leadership Award for their program. "Despite increased emphasis on the health and quality of life of older individuals, many elders from diverse cultural, ethnic, and racial backgrounds are slipping through the cracks," said Robert Carr, MD, MPH, Vice President and Corporate Medical Director of GlaxoSmithKline. "The organizations recognized with SHARE Awards ensure that these elders are not neglected and offer them support and access to care that is both high quality and culturally competent."

SHARE Awardees are chosen by an independent U.S.-Canadian advisory board made up of professionals in the fields of multiculturalism and aging, representatives of community-based organizations, and elder consumers.

"Take It! - The Bus" Video

A new video produced by the Department of Transportation Services is now available for loan



at Elderly Affairs Division. The 20-minute video, "**Take It!-The Bus,**" encourages people with disabilities to use the bus instead of the Handivan. It contains good information about the bus system, has good local "actors", good filming, well scripted, and paced. To borrow this video and any other video of various subjects, please call the Senior Hotline at **523-4545** or visit at 715 S. King Street, suite 205.

March For Meals Day in Hawaii

Lanakila Rehabilitation Center, Inc., Meals on Wheels Program (LMOW) has designated March 20th as March For Meals Day in Hawaii. March for Meals is a nationwide initiative to end senior hunger, sponsored by the Meals on Wheels Association of America. This year's local March For Meals Day is the first in what will become an annual event. Its purpose is to ensure that, on just one day at least, no senior goes to bed hungry on Oahu.

Individuals are asked to either brown bag a lunch on March 20th and donate the money usually spent on lunch or call the program at **531-0555** to volunteer during the year. All contributions to LMOW are tax deductible. Checks should be designated for meals, and made payable to Lanakila Rehabilitation Center Foundation and sent to 1809 Bachelot St., Honolulu, HI 96817.

HGP Caregiver Support Group

The **Honolulu Gerontology Program's (HGP) Caregiver Support Group** provides mutual support to people caring for the elderly, caregiver education, information on community programs and services, and a group meeting to share their experiences. Each session lasts about two (2) hours and consists of a one-hour presentation or discussion topic and one hour of sharing and mutual support. Topics covered are: Home Care, Coping with Caregiving Pitfalls and Stress, Nutrition Tips for Caregivers, and Choices at the End of Life.

The Caregiver Support Group meets the 4th Friday of every month from 9 a.m.-11 a.m. at 200 North Vineyard Blvd., Bldg. B. The next scheduled meetings are March 22 and April 26th. Space is limited. Please call the

Caregiver Respite Office at **543-8405** if you have any questions or would like to attend a future meeting.

Ohana Care

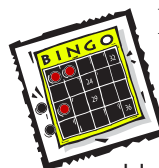
The Honolulu Gerontology Program is pleased to announce that **Ohana Care** is now open for business and is accepting referrals for clients. Services provided are:

- Case Management for both the Caregiver and the Care Receiver
- Individual Counseling
- Caregiver Support Groups
- Training/Education
- Supplemental Services Fund for frail, low-income, minority seniors in need

To be eligible, persons must have relationship between the:

- Care Receiver who:
 - Is 60 years or older
 - Needs assistance to continue to live independently (not in foster home, care home or nursing home); and
- Caregiver who:
 - Is 18 years or older
 - Provides regular, ongoing, unpaid care to a senior individual
 - Need not be related to the senior receiving care

Please call **543-8468** with your referrals. No fees are required but donations are appreciated.



BINGO!

Bank of Hawaii and the Department of Parks and Recreation invite all seniors 55 years and older to the Neil Blaisdell Center to participate in **Senior Bingo Day** on March 19, 2002. Free admission! There will be two (2) sessions, one at 8:30 a.m. and the other at 10:30 a.m., where thousands of dollars in prizes will be available to all winners. Light refreshments will be served. Organized groups can apply for subsidized transportation by calling **973-2358**.

Mark Your Calendars!

The **Senior Classic Games** will be held at the Halawa District Park on March 20, 2002, 8:30 a.m. - 12:30 p.m. Games will feature Pin Ball, Peg Ball, Nine Gates, and Tunnel Vision. Open to all seniors who are members of the City and County Senior Clubs. For

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CORAL BALLROOM SITE OF 2002 SENIOR RECOGNITION PROGRAM By Lot Lau

Mark your calendars! The **2002 Mayor's Senior Recognition Program, America: A Community For All Ages**, will be held on Monday, April 22, 2002 from 9 a.m. - 11:30 a.m. in the Coral Ballroom of the Hilton Hawaiian Village.

The Honolulu Committee on Aging, the advisory committee to the Elderly Affairs Division, Honolulu's Area Agency on Aging, has received nominations for the Mayor's Outstanding Senior Citizens of 2002 from people and organizations familiar with a senior citizen's devoted service. The public, senior nominees, family members and friends will be in-

vited to honor nominees when Mayor Jeremy Harris presents the keynote address and confers certificates on these outstanding senior citizens. Refreshments, entertainment and door prizes are also part of the free admission event.

This year's program continues a 36-year tradition of honoring seniors 60 years and older who stay involved and active in their churches, schools, clubs and community agencies, and add to their knowledge through travel and continuing education.

For more information, call the Elderly Affairs Division at **523-4361** for more information. 



Mayor Jeremy Harris and the 2001 winners, Lily S. Canas and Phillip E. Ritch.

BITS & PIECES

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more information about the Senior Games or for Bingo, please call the Department of Parks and Recreation Senior Citizen Section at **973-7258**.

Volunteers Needed

The Honolulu Habitat for Humanity is

experiencing unprec-edented growth. In 2000, they built three homes on Oahu. In 2001, four homes were built. In 2002, in partnership with the Department of Hawaiian Homelands, plans for a 45-home affordable housing project in Kapolei is due to break ground in June.



Volunteers are needed to help in two committees. The Family Support Committee members serve as direct liaison with Habitat families. They are advocates who help families through the home acquisition process and continue after families become homeowners. The Volunteer Committee helps to recruit, orient, assign, schedule, and recognize volunteers. They schedule volunteers to be at build sites, prepare lunches for the volunteer builders, provide sign-in sheets, coordinate projects with families, etc.

For more information or to volunteer, please contact Jose Villa, Executive Director at **(808) 486-7792** or email him at exec@honhabitat.com.

Music Therapy Seminars

Music therapy is the practice of using music to improve wellness, alleviate pain, and enhance one's mood, as well as improve the brain's ability to learn and retain information. While many people instinctively use music to set a mood or ambiance, they may not realize music's power to heal, rehabilitate or restore the body.


Dr. Arthur Harvey, assistant professor of music, University of Hawaii at Manoa, and HMSA's Akamai Living will be presenting two free informational seminars on the use of music as therapy. The first seminar is on Saturday, March 16, 2002, entitled **"Using Music to Rejuvenate the Body, Mind and Spirit"**. The second is entitled **"Using Music to Enhance Learning at Any Age"** will be on Saturday, March 23, 2003. Both seminars will be held at the Hilton Hawaiian Village, Coral Ballroom, 2005 Kalia Road, 9:00 a.m.-11:00 a.m.

For more information on Akamai Living's Music Therapy seminars, please contact Russell Nanod or Alice Nagano at **948-6741** on Oahu.

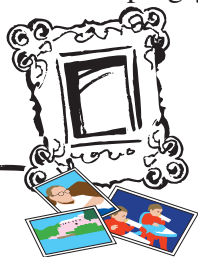
Caring for Family, Caring for Yourself: A Caregiver's Conference

Family caregivers provide thousands of hours annually in unpaid care for loved ones. Frequently they are unaware of services available to assist them in their caregiving duties. Often they neglect to take care of themselves, overlooking opportunities for self-renewal and fulfillment.

Sponsored by the American Association of Retired Persons, the Hawaii Medical Services Association and the City's Elderly Affairs Division, the **Caregiver Conference** will take place on Saturday, July 20, 2002, 8:00 a.m.- 3:30 p.m., at the Sheraton Waikiki Resort. It is designed for the family caregiver and will provide informational and educational opportunities to assist families in caring for their loved ones.

Topics that will be covered include: Negotiating the Maze of Long Term Care, Managing Medications, Strategies for Caring for those with Dementia. Referrals for respite care will be available. Some scholarship monies to help subsidize registration fees or respite care may be available. For further information, please call Lot Lau of the Elderly Affairs Division at **547-7898**. 

- Feeling a sense of loss, sadness, or anger is normal, although some individuals may feel relief at not having to maintain a home any longer.
- After the move, your loved one will probably miss familiar surroundings, known rituals, or people. Keeping in touch with old neighbors and friends, as well as making new friends, can help ease this sense of loneliness.
- Most of these negative feelings are associated with change. They are not your fault as a caregiver. You have done nothing wrong in looking out for a family member's safety.
- Learning as much as possible about the area is a great way to adjust to a new environment.
- Helping your loved one remember the old living residence by maintaining familiar pictures or furniture may lessen the sense of loss.



- The transition process will take time, and it requires patience from all friends and family members who are involved. ☐

CALENDAR OF EVENTS

April 2002

2 "Try Fest", Tuesday, April 2, 2002, 9 a.m.-12 noon, McCoy Pavilion. This event will feature 11 activities on 6 different stations. Seniors will be able to try activities such as Golf, Tai Chi, LTK (Luk Tung Kuen: Chinese exercise), Exercises, a cooking show and massage, and other events. **FREE!** For more information and registration, please call **973-7258**.

5 AARP 55 Alive Driver Safety Program. The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A Certificate of Completion will be issued to each attendee upon completion of the two-day course. Hawaii Kai Retirement Community, **395-9599**, April 5 & 12, 8:30 a.m.-12:30 p.m. ☐ St. Francis Hospital-Liliha, **547-6410**, 8:30 a.m.-12:30 p.m. ☐ Kaiser Mililani Clinic, **432-2260**, April 6 & 13, 9 a.m.-1 p.m. ☐ St. John Vianney Church, **262-8317**, April 16 & 18, 9 a.m.-1 p.m. ☐ AARP Information Center, **843-1906**, April 19 & 26, 12 noon- 4 p.m.

11 The Honolulu Japanese Chamber of Commerce presents the 18th Annual Senior's Health Fair, Thursday, April 11, 2002, 8:30 a.m.-12 noon at the Japanese Cultural Center Building Manoa Grand Ballroom, 5th Floor, 2454 South Beretania Street. *Admission is free and the public is welcome.* Activities include free medical testing, new product exhibition, exercise demonstrations and seminars. There will also be 50 health exhibitors, food sales at great prices and door prize drawings. **FREE** shuttle bus transportation for all seniors! For more information about the event and about transportation, please call **949-5531**.

22 The Mayor's 36th Annual Senior Recognition Program, Monday, April 22, 2002, 9 a.m.-11:30 a.m., Hilton Hawaiian Village Coral Ballroom. Come and honor senior volunteers who stay involved and make their communities a better place to live. *Free Admission.* Refreshments, entertainment and door prizes are available. For more information, please call **523-4545**.

May 2002

2 May Day Celebration, Wednesday, May 1, 2002 at Kapiolani Park. For more information, contact Department of Parks and Recreation at **973-7258**.

4 AARP 55 Alive Driver Safety Program. The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A Certificate of Completion will be issued to each attendee upon completion of the two-day course. Kapahulu Senior Center, **737-1748**, May 4 & 11, 8:30 a.m.-12:30 p.m. ☐ St. Francis Hospital-Liliha, **547-6410**, May 4 & 11, 8:30 a.m.-12:30 p.m. ☐ Kaiser Mililani Clinic, **432-2260**, May 4 & 11, 9 a.m.-1 p.m. ☐ Hawaiian Eye Center Wahiawa, **621-3139**, May 6 & 13, 8:30 a.m.-12:30 p.m. ☐ Kaiser Hawaii Kai Clinic, **432-2260**, May 11 & 18, 8 a.m.-12 noon ☐ Sacred Hearts Church Waianae, **696-3773**, May 15 & 16, 8:30 a.m.-12:30 p.m. ☐ Queen's Medical Center, **547-4823**, May 19 & 26, 9 a.m.-1 p.m.; Kaiser Honolulu Clinic, **432-2260**, May 21 & 28, 12 noon - 4 p.m. ☐ Lanakila Senior Center, **847-1322**, May 29 & 31, 8 a.m.-12 noon ☐ St. Francis Hospital West, **547-6410**, May 30 & 31, 8:30 a.m.-12:30 p.m.

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June 2002

- 1 AARP 55 Alive Driver Safety Program.** The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A Certificate of Completion will be issued to each attendee upon completion of the two-day course. St. Francis Hospital-Liliha, **547-6410**, June 1 & 8, 8:30 a.m.-12:30 p.m. □ St. John Vianney Church, **262-8317**, June 4 & 6, 9 a.m.-1 p.m. □ AARP Information Center, **843-1906**, June 21 & 28, 12 noon-4 p.m.
- 12 State Senior Bowling Tournament** on the Big Island, June 12-14, 2002. Participants must be a member of City and County Bowling League. For more information, contact Department of Parks and Recreation at **973-7258**.

July 2002

- 6 AARP 55 Alive Driver Safety Program.** The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A Certificate of Completion will be issued to each attendee upon completion of the two-day course. Kapahulu Senior Center, **737-1748**, July 6 & 13, 8:30 a.m. -12:30 p.m. □ St. Francis Hospital-Liliha, **547-6410**, July 6 & 13, 8:30 a.m.-12:30 p.m. □ Kaiser Hawaii Kai Clinic, **432-2260**, July 13 & 20, 8 a.m.-12 noon □ Queen's Medical Center, **547-4823**, July 14 & 21, 9 a.m.-1 p.m. □ Sacred Hearts Church Waianae, **696-3773**,

July 22 & 23, 8:30 a.m.-12:30 p.m. □ Kaiser Honolulu Clinic, **432-2260**, July 23 & 30, 12 noon - 4 p.m.

- 20 "Caring for Family, Caring for Yourself: A Caregiver's Conference"**, Saturday, July 20, 2002, 8:00 a.m. - 3:30 p.m., Sheraton Waikiki Resort. Designed for the family caregiver and will provide informational and educational opportunities to assist families in caring for their loved one. For more information, please call **547-7898**.

Department of Community Services ELDERLY AFFAIRS DIVISION

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**.
Written contributions to the newsletter are welcomed.

JEREMY HARRIS, Mayor
City and County of Honolulu



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